

Enfield Senior Center
299 Elm Street, Enfield, CT 06082
860-763-7425

News Release: Week of September 19, 2022

Contact: Mary Keller, Senior Center Manager, mkeller@enfield.org

October Newsletter:

The October newsletter is now available online at www.enfield-ct.gov/seniors or is available for pickup at the Senior Center. Registration for October programs begins Monday, September 19 at 8:30am for residents and Monday, September 26 at 8:30am for non-residents. Registrations are accepted until classes are full.

Paint Party:

Monday, September 19, 1:00-3:00pm

Explore your creativity. No art talent required. Sandy will guide you as you create this beautiful 11 x 17-inch sunflower painting. All supplies are included. Resident \$20.00, non-resident \$25.00.

Occupational Therapy Exercises:

Tuesday, September 20, 9:30-10:30am

Weekly group sessions will be led by graduate level occupational therapy students from Bay Path University to promote health and wellness. Attending these group sessions will not only be a way for you to maintain your health, but it will also be a way for you to socialize with others while participating in exercise, games, and activities you enjoy. No equipment is needed, and all exercises can be modified to meet individual needs. Free.

Fun Bingo:

Wednesday, September 21, 10:45-11:45am.

Drop-in and play a few games for small cash prizes. Cost is fifty cents per card. Please bring exact change.

AARP CT Smart Driver Program:

Wednesday, September 21, 1:00-5:00pm

AARP will sponsor this in-person driver safety class at the Enfield Senior Center. The cost is \$20.00 for AARP members and \$25.00 for non-members. Please bring a check payable to AARP the day of the class. Pre-registration is required by calling 860-763-7425. Space is limited.

AARP Online Course:

Promocode; DRIVINGSKILLS

To Begin Course, Go To:

<http://www.aarpdriversafety.com>

TED Talks:

Thursday, September 22, 1:30-2:30pm

The Problem with Plastics and How They're Changing the Environment

Today, the total mass of plastic is twice the total mass of all living organisms on the planet, and it's starting to change the processes that allow the Earth's climate system to work. Plastic pollution researcher Patricia Villarrubia-Gomez breaks down the consequences of producing all of this plastic at every stage, from fossil fuel extraction to the disposal of single-use plastics in landfills and oceans. Free.

Card Making:

Friday, September 23, 9:30-11:30am.

All Occasion cards. Resident \$4.00, non-resident \$5.00.

Cornhole:

Fridays, 9:30am – 1:30pm (or by request)

Outside by the gazebo. Learn what the craze is all about! Free.

Ask The ...:

The following services are available for a free 15-minute consultation during limited morning hours. Call the Senior Center at 860-763-7425 to schedule an appointment.

Legal Consultation: September 20

Ask the Lawyer: September 28

Ask the Realtor: October 5

Ask the CPA: October 19